



## Dimensions of Emotional intelligence

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### ABSTRACT:

To express emotions properly, a person needs EI. A person who possesses the ability to interpret the feelings of others is emotional intelligence. A person who has ability to manage emotions, to understand emotions, to be able to perceive emotions can be described as a person who has emotional intelligence. Then we can say his ability to perceive is good.

**KEYWORDS:** EMOTION, INTELLIGENCE, FEELINGS, COMMUNICATION, INTELLIGENCE.

**Definition :** "Emotional intelligence is the understanding of emotions."

### What is emotional intelligence or EQ?

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

### Introduction:

When it comes to happiness and success in life, EQ matters just as much as IQ.

Emotional Intelligence (Emotional Intelligence, EQ or EI) affects work life and personal life equally. Emotional intelligence is the ability to understand, manage and express one's own feelings and emotions. This affects communication with others.

To express emotions properly, a person needs EI. A person who possesses the ability to interpret the feelings of others is emotional intelligence. A person who has ability to manage emotions, to understand emotions, to be able to perceive emotions can be described as a person who has emotional intelligence. Then we can say his ability to perceive is good.

Emotional intelligence or emotional aspect is very important to a person nowadays. Employers will notice how much emotional intelligence the employee has when hiring. In this regard, those seeking employment should look at the issue of EQ.

Emotional intelligence plays an important role in enhancing the performance of the organization and the team when it comes to working as a team for employees. A person with emotional intelligence is more likely to

possess good leadership qualities. A person with good EI will be key to the success of the company. He will be the team leader who can carry every employee in his team together. He will manage a slow worker, a quick worker, an intelligent as well as a dull member of his team and attain success for his team and the company overall.

### **Emotional intelligence - Background:**

Used in 1966 the term emotional intelligence was coined by Luner in 1966. Wayne Payne used it in his 1985 Doctoral Thesis, "The Study of Emotions," in reference to emotional intelligence. Saloway in 1990, and Greenstone in 1995, after Goleman, put forward the EQ model.

### **Necessary for employment:**

Our intellectual capability will be a key factor during recruitment in public sector or in any company. Even though various tests are conducted, it only affects 30%. Instead, our skills are important. Emotional intelligence can evolve through different exercises and practices. Emotional intelligence involves a variety of skills. Most importantly, we can identify our feelings and values and gain self-knowledge.

Along with self-control, Emotional intelligence assesses our ability to communicate with others. Emotional intelligence can be defined in three dimensions. Capacity can be defined in models with mixed models and special properties.

### **The key to emotional intelligence:**

The key to emotional intelligence is to realize oneself. Psychologist and author Daniel Goleman says that emotional intelligence is the key to self-awareness and the ability to recognize emotions. Impact on mental and physical health Research on emotional intelligence has implications for mental and physical health.

### **App for Wisdom:**

Emotional intelligence can be accessed on the mobile itself. PlayStore has tens of thousands of applications, including Emotional Intelligence, Emotional Intelligence and Leadership, and Emotional Intelligence Zone. Is important for perception. Emotional intelligence is the response to the situation. Also, it is a case of answering on time. It is important to grasp our surroundings in EQ.

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